Course Syllabus

Department: Physical Education & Integrated Health Care

Date: September 2012

I. Course Prefix and Number: MAS 225 / NUR 220

   Course Name: Alternative Therapies

   Credit Hours and Contact Hours: 3 credit hours, 3 contact hours

   Catalog Description including pre- and co-requisites: This course explores the variety of options available today for use in the pursuit of holistic health. Alternative therapies will be viewed as complimentary to the existing medical system. This course will look at the theories, clinical research, politics and controversies surrounding the use of various alternative healing modalities. It will provide the student with information to evaluate the use of complementary therapies for healing and health maintenance. The format of this course includes lecture, class discussion, guest speakers, audio-visual aids and student presentations. This course is open to anyone interested in alternative therapies. (Also listed as NUR 220)

   Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

   This course is a require course for the Therapeutic Massage/Integrated Health Care Program. It is dual listed as a nursing elective and is open to any student interested in learning more about complimentary therapies.

II. Course Student Learning Outcomes:

   1. Discuss the theories of alternative healing therapies.
   2. Compare and contrast the various forms of alternative therapies.
   3. Evaluate current writings and research on alternative therapies.
   4. Discuss cultural and religious beliefs as a basis for the use of alternative therapies.
   5. Discuss the controversy over the use of alternative therapies in terms of political concerns and issues for the consumer.

   College Learning Outcomes Addressed by the Course:

   - writing
   - oral communications
   - reading
   - mathematics
   - critical thinking
   - computer literacy
   - ethics/values
   - citizenship
   - global concerns
   - information resources
III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): For each identified outcome checked, please provide the specific assessment measure.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tbody>
<tr>
<td>Oral Communication/Computer Literacy/Information Resources</td>
<td>Students are required to give a five minute presentation on a selected complementary therapy. Presentations are graded on a specific criteria outlined in the course syllabus. Computer research and a reference list of information resources is required.</td>
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<td>Reading</td>
<td>Weekly textbook assignments are listed in the course outline. Active participation with assigned topic discussions contribute to the final grade. A final exam will evaluate the student’s assimilation of both assigned readings and classroom teaching.</td>
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IV. Instructional Materials and Methods

Types of Course Materials:

Assigned textbook readings and handouts related to guest speaker topics

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- Guest speakers from various complimentary practices
- Videos
- Student presentations
- Discussions
- Demonstrations/active participation with a variety of the complimentary therapies

V. General Outline of Topics Covered:

Each class will focus on a different type or types of complimentary therapies. Often a therapist from that field will share information about the education and practice of the therapy being discussed. Demonstrations and active participation are included in many classes. Examples of course topics include:

- Acupuncture
- Herbal medicine
- Shamanism
- Craniosacral Therapy
- Music therapy
- Chiropractic care
- Kinesiology

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